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## Students Plan Reduction For School Teacher

Allen Robertson, Newton Elementary School teacher, has found 39 reasons why he should lose weight.

Those reasons include his doctor, his wife, and 37 members of his seventh grade class, all of whom are vitally interested in his "battle of the bulge."

During class studies of health and diet, Robertson mentioned that his doctor ordered him to lose about 40 pounds. This intrigued the class, which decided to take over the planning of his menus and reminding him to take his pills at the right times.

The health studies included planning menus for Robertson and the youngsters. Math studies involved figuring of calories and the percentage decline in Robertson's weight. In science, youngsters learned how units of heat affect body growth and developments.

Robertson steps on the scales each Monday morning before the class, which then computes how much less teacher they have. During the first week, he dropped 10 pounds, to 233, and during the second week, he reduced five pounds.

"I couldn't avoid losing weight now if I wanted to," the teacher noted. "The class wouldn't let me. I've never seen them so interested in health studies before. Some of them are a little overweight too and I think it will help them. It also gives them quite an incentive to do their math."

The work of man-building is the work of life-building.

A silent man may be wise; A talker must be.



LESSON ONE . . . Mary Semararo shows Bill Bruce, 9, how to do a hand-stand as part of a course designed to teach youngsters some of the basic techniques of tumbling. The course under the sponsorship of the Torrance Recreation Department was instituted to teach youngsters how to lessen the risk of injuries in a fall.

## Search for Center Site

"If we could get a parcel of land now, the Harbor Area could probably have a new Community Chest Service Center within a year," Jimmy Visceglia, chairman of the Chest's Center Relocation Committee, predicted this week.

Funds are available now for the building, but not the land, he said.

"Our problem is to find a generous civic-minded person or business, or even a governmental body that would give us land for the Center."

"WE REQUIRE a lot, approximately 150 feet by 150 feet, for a projected 8000 square foot office building to house the Community Chest and several agencies."

"Because so many persons using Chest Center-based services do not have their own transportation, it is essential that the land be fairly near public transportation," he added.

Stressing the urgency of the need for a new Center, Visceglia said that the Community Chest must move out of the present San Pedro Center because it's impossible to conduct the Red Feather campaign from this over-crowded headquarters.

Better a light one candle than to curse darkness. Serenity of mind can only be obtained by a clear conscience.

## Youngsters Getting Course In Tumbling to Cut Risks

STADIUM  
1653 Cravens FA 8-6375

WED. THRU TUESDAY  
PAT BOONE & JAMES MASON in "Journey To The Center Of The Earth"  
Also JAMES STEWART in "Bend Of The River"

SPECIAL MATINEE 1 P.M.  
Lincoln's Birthday, FEB. 12

GRAND THEATRE  
Phone FA. 8-6500  
FR.-SAT.-SUN.  
WALT DISNEY'S "SLEEPING BEAUTY"  
Also MARTIN & LEWIS in "SCARED STIFF"

An attempt to reduce the odds against a safe landing in a tumble is a class opened this week by the Torrance Recreation Dept.

Starting on the premise that "it's not the fall that hurts you — it's the sudden stop," the classes are being held each Monday and Wednesday afternoon at the city plunge for 56 local youngsters.

For more than an hour on those two days, the youngsters gather in the bathroom at the plunge for basic instruction in the fine art of tumbling.

Instructors Mary Semararo and Lee Nelson teach the young tumblers how to recover unharmed from what might otherwise be a bone-cracking experience.

The course, for which there is a long waiting list, was instituted by Recreation Director Harry Van Bellehem. The di-

rector, a husky ex-athlete, credits early training in tumbling techniques with saving him from possible injuries recently when he tripped on the edge of a platform in a meeting hall.

"I firmly believe that thousands of persons every year could escape painful injury and even death with a little basic training in tumbling," Van Bellehem declared.

A person always knows what to do until it happens to him. Great principles, like great men, are simple.

Unassuming simplicity is an emblem of nobility.

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<b>RIB ROAST</b> SUPER-RIGHT GRAIN FED STEER "THE ARISTOCRAT OF ROASTS" 1st 5-RIBS 7-IN. CUT	<b>79¢</b> lb.
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BONELESS Sh'der Clod . .	<b>79¢</b>	FULL CUT Sirloin Steak .	<b>95¢</b>	FARMER JOHN or ALL-GOOD Sliced Bacon .	<b>39¢</b>
BONELESS Sirloin Tip . . .	<b>89¢</b>	BONELESS Top Sirloin . . .	<b>1<sup>29</sup>¢</b>	ALEX-DELICIOUS SALADS MACARONI or POTATO	<b>25¢</b>
SHORT RIBS English Cut	<b>49¢</b>	GROUND CHUCK . . . . .	<b>59¢</b>	GROUND ROUND . . . . .	<b>69¢</b>
				STEWING BEEF . . . . .	<b>69¢</b>

### NATURE'S BEST IN FRESH FRUITS & VEGETABLES

FANCY CRISP HEAD <b>LETTUCE</b>	LARGE SWEET NAVEL <b>ORANGES</b>	CENTRAL AMERICAN <b>BANANAS</b>
<b>2 for 25¢</b>	<b>3 lbs. 29¢</b>	<b>2 lbs. 25¢</b>

### WONDERFUL SAVINGS IN GROCERIES

HUNT'S TOMATO SAUCE	6 8-oz. Cans	<b>43¢</b>
GREEN GIANT NIBLETS	3 12-oz. Cans	<b>49¢</b>
PETER PIPER DILL PICKLES	2 32-oz. Jars	<b>49¢</b>
MONTREY JACK CHEESE	lb.	<b>49¢</b>
ANN PAGE Mayonnaise	Qt. 47¢	ADMIRAL MAINE Sardines 3 3/4-oz. Can <b>10¢</b>
PILLSBURY LOAF Cake Mix	2 9 1/2-oz. Pkgs. <b>23¢</b>	A&P SLICED WISCONSIN Swiss Cheese 6-oz. Pkg. <b>27¢</b>
CARNATION Milk	3 1 1/2-oz. Cans <b>47¢</b>	DEXOLA Salad Oil Qt. <b>47¢</b>
VENUS Fig Bars 1 1/2-lb. Pkg. <b>39¢</b>	WILSON Lard 2 1-lb. Pkgs. <b>27¢</b>	ANN PAGE GROUND Pepper 1-lb. Can <b>79¢</b>
HBC Riz 2 12-oz. Pkgs. <b>55¢</b>	ANN PAGE PEANUT Butter 24-oz. Jar <b>53¢</b>	ANN PAGE Apple Jelly 24-oz. Jar <b>29¢</b>
HALO Shampoo 2 6-oz. Btl. <b>99¢</b>	SUNSHINE KRISP Crackers 1-lb. Pkg. <b>31¢</b>	BREAST-O-CHICKEN Tuna 6 1/2-oz. Style Can <b>33¢</b>

### A&P FROZEN FOODS

Green Peas	10-oz. Pkg.	
Cut Green Beans	10-oz. Pkg.	
Cut Corn	10-oz. Pkg.	
Peas & Carrots	10-oz. Pkg.	
Mixed Veget.	10-oz. Pkg.	
French Fries	9-oz. Pkg.	
Grape Juice	6-oz. Can	
Fr. Cut Beans	10-oz. Pkg.	
Your Choice of Items		
<b>6 Pkgs.</b>	<b>79¢</b>	
Orange Juice	2 6-oz. Cans	<b>29¢</b>
	12-oz. Can	<b>29¢</b>
VEGETABLE JUICES		
V-8 Cocktail	46-oz. Can	<b>35¢</b>
PYREX DECORATOR DESIGN Bowls*	1 1/2-Pt. Size	<b>69¢</b>
	1 1/2-Qt. Size	<b>1 19¢</b>
WATER SOFTENER Salt*	COARSE or MEDIUM 50-lb. Bag	<b>79¢</b>
LA CROSS Vitamins*	Btl. 40-ct.	<b>79¢</b>
	250-ct. Btl.	<b>2 59¢</b>
	VITAMINS "C" 100-ct.	<b>79¢</b>

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